

The Fortune Hunter

The second of a series of articles on the conservation of health and its relation to human happiness and prosperity

(Continued from June Stockman)

If the results of such practices as that described have never been sufficiently impressed on your minds to command respect when you sit down to dine next time, let me suggest that instead of a cocktail for an appetizer, you go out and stick your head in the garbage can a few minutes. Your meal will, I am sure, be much more enjoyable after this experience, and I venture the assertion that your stomach for awhile at least will receive something near the respect it deserves. Whenever you find yourself forgetful, just repeat the performance I have outlined, and add to the invigorating sensations that will not fail to follow, the aroma of a few whiskey sours and stale beer second-hand.

But the garbage can method of eating is not the only cause of garbage can odors about the human body. Have your nostrils ever sensed the putrid breath coming from an unclean mouth, or have your eyes ever beheld a mouth full of decayed teeth or apparently good teeth covered with a thick coating of rotten food, usually called tartar for respectability's sake. How inimical to comfort such a condition is. But very often we come in contact with people whose breath is nauseating although there is every appearance, visibly, of cleanliness. When we meet such a condition as this, we are forced to ask inwardly, if not audibly, what is the cause. While it is not always true, yet in a majority of cases, it is due to improper dentistry. It may be somewhat startling to the most of you to know that ninety per cent of the bridge work done by Twentieth Century dentists, so-called, is unfit to be recognized as sanitary, and is in fact injurious to the public health. For the benefit of those who have never worn any half-tooth bridge work, I will make the statement that it is absolutely impossible to thoroughly cleanse the irregular pockets and cripts of the ordinary bridge work. Those who have worn the ordinary half-tooth bridges already know too well the difficulty experienced in keeping the mouth clean.

The mouth is the entrance of all food, and if the teeth are covered with filth, the food passing into the body is bound to carry with it to the stomach some of the refuse that ought to have been dumped into the garbage can. Do you imagine for a single minute that this is productive of good health, especially when we consider that immediately the food reaches the stomach it is absorbed by the blood and carried to all parts of the body for the restoration of worn-out tissues. Are you attempting to build up your body with decayed substances or good, wholesome, cleanly food not contaminated by impurities lodged in your own mouth? In these days enough impurities will be consumed no matter how great our struggle to avoid it; so I ask why we should submit to, much less tolerate willingly and perhaps thoughtlessly, such a menace to individual and public health.

Another thing: the brain is nourished by the circulation of the blood, which must bring to the seat of the intellect strength or depravity according as it is supplied when it reaches the stomach. Is it any wonder then that we find so many weaklings intellectually, physically and morally, when we look about us and see some of the exhibitions that are put on three times a day at the table?

CHAPTER II

Walter D. Moody, general manager of the Chicago Association of Commerce, calls attention in forceful words to the necessity for right living in every respect in the following words:

"This is an era of the greatest commercial activity the world has ever known. The development of business is one of the marvels of the new century. A few years ago, science as a factor in commerce, was little known and less appreciated. The amazing advantages to business of intellectual attainments were utterly without recognition. Today, however, business has become a contest in which the quickest perception wins, thus transforming the counting room into a battle ground upon which brain matches brain for supremacy and success."

Do you want to go out into the struggles of every day life where every faculty must be keen and alert under a handicap that will sooner or later bring failure? Or, if perchance you should succeed in outdistancing your contemporaries notwithstanding the thongs that bind you round and spell your limitations, would not your achievements be infinitely greater were you to remove the one great barrier to complete success—an imperfect and unclean mouth? From a purely selfish motive, the measure of success depending on this one condition alone should be more than compensation for the effort required for its accomplishment. And this is not all: In a thousand unknown ways and places there will flow to you advantages and opportunities never before dreamed of, all because your mental and physical vigor will demand and comprehend expansion.

The Scriptures admonish us that "By their fruits ye shall know them". In the present age, however, we cannot always afford to wait for the results of a man's labor to judge his capacity to serve, so we must seek some other formula by which to measure ability. We have, therefore, changed the admonition of the Scriptures to suit present day requirements, and it now reads, "By their mouths ye shall know them". The demand for efficiency is so insistent that we are compelled to judge men by what we see. By way of comparison: when we build a house, barn, garage, or what-not, we watch every piece of material that enters into the structure, and whenever we come across one that bears evidence of decay, or tartar if you choose, it is at once discarded. Is it not sensible that the same scrutiny should be and is being exercised in judging men and women no matter in what capacity we find them? Should we not, therefore, be extremely careful to see that all the evidences of decay are removed before we mingle too freely among our fellow men, for the reason that the trained mind is quick to perceive all of our visible faults. Lasting success does not stride in the footsteps avoidable decay any more than the tower of Eiffel stands on a papier-mache foundation.

The first law of nature is self preservation, and self preservation in its true sense means right living. Cleanliness is the first basic principle of right living. Material wealth or riches is the thing sought after most by all of us, but the only real wealth, and the one that brings happiness at all times and under all conditions, is good health.

Elbert Hubbard once said: "Heaven is largely a matter of digestion," and there is much food for thought in this trite statement. I have no doubt that John D. Rockefeller would willingly relinquish half his wealth if thereby he could restore his digestive apparatus, but money will not buy this or any other function of the human body. If we abuse and destroy our stomachs through failure to properly masticate our food and prepare it as nature intended before passing it on to the digestive functions, life becomes a veritable hell on earth. If

you don't believe it, set before Mr. Rockefeller some real appetizing dish which he may not eat because of the condition of his stomach and then register the sensations that pass through his mind. Although I understand Mr. Rockefeller to be a very peaceful citizen, I should not advise you to repeat the performance too often, for some of the living, physical evidences of the hell which he endures might find expression in an unpleasant form.

I do not believe the day far distant when railroads, factories, and all large employers of labor, whether mental or manual, the quantity and quality of whose product depends upon the efficiency of the individual laborer as well as in a collective capacity, will require that all employees carefully observe the rules of oral hygiene. As a further and logical step in the march of progress, such employers will maintain efficient dentistry departments whose duty will be to establish and enforce strict hygiene of the mouth in addition to the other branches of hygiene now provided for by law in many states. In the economical struggle for efficiency of the human body, the proper care of the teeth will be thoroughly appreciated, for the science of living begins at the mouth.

As conclusive evidence of the trend of public thought for the one hundred per cent efficiency of the human being, I may say that municipalities, states, nations, are all striving to perfect sanitary living conditions; and indeed this is a wonderful work. Notwithstanding all the progress in this direction, however, there has been little or no real advance toward the sanitation of dentistry, the all important beginning of right living. A scientific study of these conditions is fundamentally essential, for no matter how insistent and noisome the hum of industry may become, the human equation can never be entirely eliminated. Hygienics are as necessary, therefore, to the development of efficient man, as eugenics are to the production of perfect posterity. One cannot succeed without the other any more than strong healthful progeny can spring from the cess-pool of disease. The dentistry of today and the future must be one hundred per cent hygienic; the efficiency of dentistry is dependent upon the preservation of natural conditions so long as possible, and where impossible, upon the substitution of something that will efficiently perform the functions of the teeth; it also depends upon the accuracy of articulation of artificial teeth and the absolute freedom from filth and consequent disease.

The next generation must produce a class of highly trained and efficient men to direct and manage the great businesses that have been evolved by the great hordes of humanity. Such complex questions grip the throats of the business world today that there must come to their solution men of unlimited analytical powers, whose minds can reach out and grip-hold nature. They must be capable of making great strides where we have gone step by step, and go about giant-like, solving in mental recreation the vexing problems which we have been unable to accomplish.

To sum up the whole situation in two words, the question of today and the future is Human Efficiency. Human Efficiency must rise to meet the demands of commerce and industry. It has been said that the great impulse to all human effort is hunger and love; hunger for the necessities of life and distinction by way of achievement, and love for those dependent upon the fruits of the laborer's toil, and of the struggle for supremacy. We all know that men and women desire to be pointed out as monarchs of the business and social world; that they struggle for admiration, praise and esteem; and that they crave to be the pattern-makers of humanity, to do all of which they must go among the crowd and physically and mentally handle, out to overcome and veritably crush governing people. Does not this call undeniably for one hundred per cent human efficiency, and can any person be that if he harbor the destroyers of health

physical fitness, which is the underlying principle of success. Can any one intelligently deny the relation of in his own mouth?

All this points to the necessity for efficient dentistry to physical fitness, when all of the vital energy of life must pass through the mouth in the form of food and receive the first step in the process of transformation to intellectual and physical power through the medium of the teeth?

We live in pregnant and decisive times—every day tolls the forward march of humanity, and this is a conclusive reason why we should pattern after nature's precepts. Men who live close to nature succeed in life—they absorb nature—they are nature—human masters.

For this reason there is in all things a lesson which each of us should learn, and while that which I have discerned may not compare with the beauty your eyes have beheld, yet no one can gainsay that I have been benefitted. The angle from which we perceive the deeply hidden secrets of wisdom may afford only the faintest glimmer of the precept of life, but in the constantly changing vortex of physical existence, if our minds remain steadfast and sincere, some day a gentle radiance will fall upon and enfold us as a benison.

To illustrate: I sat one day beneath a magnificent tree counting its leaves till confusion of numbers overcame me and I lay back upon the ground cushioned with grass full grown. The fragrance of the air and

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